

STUDY OF PSYCHOLOGICAL CHARACTERISTICS OF ADOLESCENCE

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Abstract: Some of the difficulties encountered in the work of education and upbringing of teenage students arise from insufficient knowledge or denial of mental development and characteristics of children of this age. This article provides information about the characteristics of psychological changes in children during adolescence.

Keywords: psychology, adolescent, transition period, personality, behavior, psychological changes.

Introduction: For teachers and educators, it is important to know the psychology of children's adolescence from a psychological point of view and from a pedagogical point of view. We also call this period the transitional period. Adolescence mainly includes children aged 11-15 years, i.e. 5-8 graders. There are many difficulties in raising teenage children compared to younger and older schoolchildren. Because the process of a small child becoming an adult is very difficult. This process is associated with a serious change in the forms of relationships with people, as well as a change in living conditions. During this period, teenagers have their own personal thoughts. They have an increased sense of self-worth. According to the definition of scientific psychology, the forces driving the mental development of adolescents are the emergence and elimination of dialectical contradictions between the needs created by their activities and the possibilities of satisfying these needs. begins to feel but many habits and traits remain childish. This feeling is called a sense of size and is a major psychological innovation in adolescence. This feeling creates a new emotional position in a teenager towards himself, the environment, and people. He begins to reorient children's behavior to the behavior and values of adults. A teenager expands the scope of his rights, and wants to limit adults.

Adolescence is the period from 10-11 years old to 14-15 years old. Today's teenagers have some physical, mental and political advantages over their predecessors. In them, sexual maturity, socialization process, mental growth are manifested earlier. For most students, the transition to adolescence usually begins in the 5th grade. "Now a teenager is not a child, but not an adult either" - this definition indicates the important character of adolescence. Adolescence is a period of transition from childhood to adulthood, characterized by physiological and psychological characteristics. At this stage, children's physical and mental development accelerates, their interest in various things in life increases, their desire for new things increases, their character is formed, their spiritual world is enriched, conflicts escalate. Adolescence is a period of puberty, These changes are physiological and psychological changes. Height growth is uneven: girls grow 5-7 cm, boys grow 5-10 cm. Growth in height occurs due to the lengthening of the first femur bones and the enlargement of the spine. Adolescent age also has physical and psychological characteristics. According to Pavlov's teachings, the body is made up of a whole system, in which all tissues and organs and physiological processes are organically connected with each

other. But in a whole, the nervous system and the upper part connected with it plays the main leading role in the cerebral cortex, which, in the words of IPPavlov, controls all the events that occur in the body. In adolescence, the upper part of the nervous system begins to grow qualitatively, and the internal brain it becomes more complicated. The growth of nerve cells is completed in the large hemisphere. The physical development of the adolescent organism, the development of its organs and tissues is carried out to seek the role of control of the brain stem, but the growing tissues and organs, in turn, contribute to the growth of the nervous system. The secret shows. In adolescence, the size of the lungs increases, breathing is much faster and shallow. During adolescence, the more fresh air a child is exposed to, the more useful it is. This period is the period of puberty, which depends on the reconstruction of internal secretion glands. The maturation of these glands is very important in the functioning of the human body. One of the characteristic features of adolescence is puberty. The physical development of the adolescent organism, the development of its organs and tissues is carried out in search of the control role of the cerebral cortex, but the growing tissues and organs, in turn, affect the growth of the nervous system. In adolescence, the size of the lungs increases, breathing is much faster and shallow. During adolescence, the more fresh air a child is exposed to, the more useful it is. This period is the period of puberty, which depends on the reconstruction of internal secretion glands. The maturation of these glands is very important in the functioning of the human body. One of the characteristic features of adolescence is puberty. In adolescence, the size of the lungs increases, breathing is much faster and shallow. During adolescence, the more fresh air a child is exposed to, the more useful it is. This period is the period of puberty, which depends on the reconstruction of internal secretion glands. The maturation of these glands is very important in the functioning of the human body. One of the characteristic features of adolescence is puberty. The beginning of sexualization largely depends on climate and national epigraphic factors, as well as individual characteristics. Observations show that puberty begins in boys at the age of 12-13 and in girls at the age of 11-12. Most boys now reach puberty at the age of 15-16, and in girls at the age of 13-14. Teachers and class leaders should first deeply understand that sexualization not only affects the physical development of the organism, but also has a great impact on their mental development. it is natural to have interest in books of unknown content, gender-specific interest. In the adolescent phase of a person's life, we believe that there are mainly two dangerous aspects. One of them is to imitate adults, and the other is to be out of control of a teenager in the family and at school. If these two aspects go beyond the attention of older people, in their own flow, according to the purpose, then it will lead to the emergence of teenagers who are called difficult to educate. Let's analyze the first aspect, for example, the first feeling of "adulthood" occurs in adolescent boys and girls. A teenager of this age changes his attitude, the content of morality

also changes dramatically. The appearance, behavior, and some noticeable aspects of adults make a teenager want to reach this age sooner. Such as interest in fashion, pampering, special "cultural" expression, desire to please. They often imitate the requirements, adults, and what they see on TV and in the movies. Whatever he considers to be popular in his imagination, he adopts the same thing as a model.

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